

Weight-Loss Key to Success *Study says it's lifestyle modification counseling*

As the battle for weight loss rages on, many look for a magic pill that doesn't exist. Turning toward doctors for answers, some patients succeed while others don't. What could be the key? Turns out, it's something simple that every doctor should be providing—lifestyle modification counseling.

New study unlocks weight-loss success keys. Typically, doctors prescribe medications for weight loss and send patients on their way—providing little lifestyle counseling. Wondering which method of lifestyle modification delivery would produce the most weight loss, a six-month, randomized study was conducted. Released in the February 2009 *Annals of Internal Medicine* (volume 150), "Comparison of Methods for Delivering a Lifestyle Modification Program for Obese Patients" compared five methods of lifestyle modification assistance given to patients receiving sibutramine.

Led by lead author Andres G. Digenio, MD, PhD, researchers studied close to 400 obese patients (ages 25-60, male/female), who were taking 10mg of sibutramine daily, to monitor the level and type of lifestyle modification provided—high-frequency face-to-face counseling, low-frequency face-to-face counseling, high-frequency telephone counseling, high-frequency email counseling, and no dietitian contact.

During the study, funded by Pfizer Global Research and Development, patients received a lifestyle manual and access to a weight-loss Web site.

Betters results with counseling. Per the study, any counseling is better than no counseling. In fact, researchers concluded that high-frequency telephone contact was just as a good as high-frequency face-to-face contact.

"The group that received a telephone contact with the dietitian was able to lose a similar amount of weight as the group that had only face-to-face contact with the dieticians," Digenio said.

The key to successful weight loss is a lifestyle change. And success can begin with something as simple as a phone call.

"Frequent counseling and support is essential to long-term behavior modification," Dr. Janine Kyrillos, clinician, said. "You can take a pill and hope it's going to be a quick fix, but it's not all that helpful in the long run and people end up going back to old behaviors."

It is crucial that patients receive some form of lifestyle modification counseling to achieve success. The lack of it appears to contribute to patients eventually failing.

This 2009 study reflects what global leader Cenegenics has been working toward for 13 years—superior patient care with ongoing support for success.

Going beyond the typical doctor experience, Cenegenics offers patients ongoing communication and follow-ups with expert teams: age-management physician, nutrition/exercise counselors, service teams, accounting, practice development.

Crash Dieting

For many, crash dieting sounds like a good plan. Just cut down your calories to a very low amount and you'll lose weight. However, these types of diets harm your body.

When you follow fad diets that reduce caloric intake to very low levels, your body is typically losing out on much needed vitamins and minerals, which can result in a drop in blood pressure, sodium depletion and even heart attacks.

"Crash dieting repeatedly increases the risk of heart attacks," Cardiologist Isador Rosenfeld, MD, said.

According to Rosenfeld, who is also a professor of clinical medicine at Weill Cornell Medical College in New York City, the body doesn't need help removing waste, which is a common misconception behind the creation of many low-calorie crash diets.

Here's something to think about. Rapid weight loss could cause your metabolism to slow, which will lead to weight gain again as well as other problems.



Now there's more: The motivational edge. Cenegenics is launching an online proactive monitoring system to help patients stay focused with their customized Cenegenics program—ensuring greater success. Not left on their own, the program keeps Cenegenics connected with its patients.

That's in keeping with Kyrillos' findings that people and patients need constant reinforcement or else they'll fall back into old habits and their old lifestyle, which got them here in the first place.

"This new system will help us monitor patient habits and progress as well as immediately identify red flag areas needing improvement and negative behavioral issues," said Cicely Valenti, Director of Nutrition & Exercise at Cenegenics Las Vegas.

Study researchers indicated that the best results were achieved by doctors who provided high-frequency counseling. Going well beyond a simple contact, the Cenegenics Nutrition & Exercise Online Personal Tracker monitors a wide range of lifestyle issues and provides features, such as:

- Grocery list planning
- Recipe and food recommendations
- Complete database of restaurants nationwide with Cenegenics-approved menu items
- Customized meal tracking and planning
- Recommended water intake and beverages
- Exercise regimens and demonstrations
- Suggested modifications to workout programs
- Personal exercise program reporting
- Complete personal tracking—weight, blood pressure, etc.
- Nutraceutical information and reminders
- Sleep tracking

"The ability to track these parameters enables us to make specific recommendations to maximize patient results," said Dr. Beth Traylor, Senior Cenegenics Institute physician and faculty member of the Cenegenics Education and Research Foundation. "The tracker creates an excellent opportunity for physicians and nutrition/exercise counselors to interact with our patients via an ongoing basis."

Your next step. Optimal health is within your grasp, it just takes the right preventive actions. Cenegenics takes you out of a reactionary approach to disease and into a new dimension of proactive healthcare with 21st century protocols grounded on solid science.

The science behind our medical specialty, age management medicine, allows us to improve your health span by identifying and meeting criteria that places you in the lowest possible risk category for disease, including Alzheimer's, heart disease, diabetes, metabolic syndrome and stroke.

Reduce your health risks now. Learn more about personalized Cenegenics programs and the science behind age management medicine.

Safe Weight Loss

There's no way around it. To lose weight safely, you must exercise and follow a healthy diet.

Losing weight too fast can be harmful to your health. The apparent short-term gain isn't worth the long-term damage. It's generally recommended that losing 1-2 pounds per week is optimal.

Nutrition isn't about a single "perfect" diet. Cenegenics creates nutritional programs that meet the individual needs of a patient, based on results from an extensive Executive Health Evaluation. The goal is having the right nutrition to prevent illness, stabilize insulin and blood sugar levels, boost your immune system.

Some safe dieting tips:

- Focus on nutrient-dense foods
- Choose from low-glycemic foods
- Stay away from sugars and chemicals
- Include healthy, essential fats, limit saturated fat intake
- Eat plenty of vegetables, some lower-glycemic fruits
- Choose whole grains
- Consume lean meats and fish

**Call Cenegenics Medical Institute today.
866.953.1510.**

Discussions are always confidential and without obligation.